

October 2023



# Friends News



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## October Celebrations

Mon Oct 2 – Fri Oct 6	State Fair Week!
Tue Oct 3	Lifestyle Enrichment with Dr. Nash
Tue Oct 10	Sherry Hamilton entertains
Thu Oct 12	Jim Gatlin entertains
Fri Oct 20	Art Class with Stephanie
Mon Oct 23 – Fri Oct 27	Staycation to the most haunted cities in America
Fri Oct 27	Birthday Celebration with Kay Seamayer
Every Wednesday	Book Club – Currently reading John Grisham

## Friends Place Exhibition!

We are having a month-long Friends Place member exhibition. Please bring something that you think represents your loved one. People have brought in paintings that they made or pictures from a favorite vacation, even some awards that they have won.

There is no wrong answer here. We will have them on display this month through our fair week in October (Oct 9-13)! Please come in and see what makes us unique.



## Annual Walk to End Alzheimer's

While not technically happening in October, the Dallas Walk to end Alzheimer's is on November 4, so we will be taking donations for our walk team "Legs Misérables" benefitting the Alzheimer's Association. We will also be selling t-shirts to both wear on our walk and to benefit the Alzheimer's Association.

The annual walk to end Alzheimer's is an important day of the year for us at Friends Place. We go and walk as a group and have a great moment of fellowship with those in the area that understand the struggle of living in and around this debilitating disease. The Alzheimer's Association sponsors our support group and provides many resources for caregivers and those with the disease alike. This time of year, Friends Place bands together and shows our support for an organization that supports us year-round.

According to the Alzheimer's Association, staying mentally, socially and physically active represent the three most important pillars of brain health, and the annual walk helps check all three boxes.

If you are able, we would for you to register and be part of our team as we walk on November 4<sup>th</sup>. We will meet up at Friends Place in the morning and head over to Dallas City Hall. The event starts at 8:30 am with an opening ceremony and then the walk itself begins at 9:00. We hope you will be able to join us!

Date: Saturday, November 4<sup>th</sup>

Time: 8:30 am

Location: Dallas City Hall Plaza, 1500 Marilla Street

Register: [act.alz.org](http://act.alz.org)

Team Name: Legs Miserable





**Birthday Wishes to**  
Pilar A – October 12  
Madella W – October 12  
John G – October 17  
Carrie Powell – October 19  
Mitchell M – October 20  
Cora S – October 22  
Employees  
Yolanda Green – Oct 11  
Jessica Andrews – Oct 26  
Ryan Henry – Oct 26



**Support Group at Friends Place**  
**Alzheimer's Caregiver Support Group**

**Tuesday, October 10**  
**General Discussion**  
**Time: 2:00-3:30 pm**

**Tuesday, October 24**  
**Speaker: Melissa Stewart, Financial Advisor**  
**Topic: Considerations with Financial Planning**  
**for Long Term Care**  
**Time: 2:00-3:30**

Care for your loved one provided at no cost  
during the support group meeting. Call to  
reserve a spot: 972-274-2484

**Costume Contest!**

**Tuesday, October 31 at 12:30 pm**

Come dressed up as your favorite spooky, funny  
or surprising costume. We will have a costume  
parade before lunch time, so be sure to come  
dressed up to join in!



**MAKE YOUR  
RESERVATION**

You can submit a reservation calendar online.  
Email [rhenry@friendsplaceads.com](mailto:rhenry@friendsplaceads.com) to receive a  
link and be added to a monthly mailing list. Paper  
copies are still available.  
Get your reservation in to guarantee yourself a  
spot!

Also, you can make changes to your  
reservation by texting 469-553-0188